

# See where your journey will take you!

## Sign up now to complete your wellbeing assessment.

### What is the wellbeing assessment?

It's a two-part review of your current overall wellbeing. It includes a simple biometric screening that is done onsite or at a lab. Screenings check your blood pressure, cholesterol, blood sugar, kidney, liver, gallbladder and gastrointestinal function. There's also an online health & lifestyle survey that asks questions about the physical, emotional, social and financial aspects of your life and provides information on the effects of your lifestyle choices.



#### Who can participate?

All employees and spouses enrolled in the company health plan are eligible to participate in the wellbeing assessment!



#### What is the cost to participate?

There is no out-of-pocket cost to you to participate!



#### What do I earn if I participate?

By participating in the wellbeing assessment and meeting the healthy goals you will avoid the increase in employee share towards your health insurance.



### How do I sign up?

1. To register for the screening, go to [app.chcw.com](http://app.chcw.com).
2. New Participants: Enter in program code **5987Tem159** under the "New Participants" tab and select "Register." Complete the cards under "Today's Activities" to begin your journey.

### Returning Members

1. Enter your username & password under the "Individual Login" tab and select "Log in."
2. Select the "Join a Wellness Program" card under "Today's Activities" enter in program code **5987Tem159**.

**Need help?** If you need help during the sign-up process or if you have questions about your program, call 866-373-4242.

**Onsite Screening Dates:**

Tuesday, May 16 <sup>th</sup>	8:00 am – 11:00 am	Tempco
Wednesday, May 17 <sup>th</sup>	8:00 am – 11:00 am	Tempco
Thursday, May 18 <sup>th</sup>	8:00 am – 11:00 am	Tempco

**Want to screen at a lab? Visit a lab by May 25th!**

When registering for the screening, select the “Remote” option. After completing registration and your health & Lifestyle survey, print, or display on your phone, the two forms at your local LabCorp facility.

**ELIGIBILITY REQUIREMENTS**

To avoid the increase in employee share for your health insurance, employees and covered spouses will each need to complete a wellbeing assessment and earn 6 points from the criteria below:

BIOMETRIC	HEALTHY GOAL	% IMPROVEMENT	POINTS
Systolic Blood Pressure	Less than 140 mmHg	or improve by 5% from 2022 screening	1
Diastolic Blood Pressure	Less 90 mmHg	or improve by 5% from 2022 screening	1
LDL Cholesterol	Less than 130 mg/dL	or improve by 5% from 2022 screening	1
Glucose	Less than 100 mg/dL	or improve by 5% from 2022 screening	1
Triglycerides	Less than 150 mg/dL	or improve by 5% from 2022 screening	1
Smoking Status	Non-tobacco user	Non-tobacco user	2

**Reasonable Alternative**

If you are unable to achieve the standards for the reward under this program due to a medical condition, you may request a Reasonable Alternative Standard (RAS) through your portal. Submit your request within 30 days of your screening. If you are unable to submit the request through your portal, please call CHC at 866-373-4242.



This is a fasting test! For the most precise results, you should fast 10-12 hours before testing. You cannot eat but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic, consult your physician for fasting instructions. Be sure to drink plenty of water.

